

284th BSB – Friedberg, Giessen

Ray Barracks renovations enhance facilities

By Alexandra Williams
284th Base Support Battalion
Public Affairs Office

Friedberg's Spare Time Lanes Bowling Center will hold a grand opening ceremony May 21 at 5 p.m. The opening marks the official completion of a renovation project that includes the bowling center and guest house on Ray Barracks, said officials.

The 284th Base Support Battalion Directorate of Community Activities spent approximately \$600,000 modernizing both facilities to provide Soldiers and families with comfortable, top quality recreational opportunities.

"The planning began in 2002. Our intent was to give Soldiers and family members a one-stop place where they can have fun bowling and relaxing, have a drink and get something to eat," said bowling center manager Richard Wilson.

Planning and design were a team effort involving Tony Blevins from the 104th Area Support Group Project Management Office, the selected contractor and the entire staff of the Spare Time Lanes, said Wilson. Work began about six months ago.

"A lot of work was involved, and it required a lot of patience and energy of all parties involved, but thanks to Tony Blevins we succeeded. He deserves all the credit because he bent over backwards to make sure all parties involved were happy and the job was completed on time. But we also want to thank

the DCA Jammie Hawkins because he supported the Spare Time staff, making sure all small details were recognized and accomplished no matter what the cost," said Wilson.

"The language barrier sometimes made working together difficult and there were times when you wanted to throw up your hands and leave, but now the work is completed and we are impressed with how the whole project came out," he said.

The project included converting six bowling lanes into the new Spare Time Lounge, turning the old lanes into the actual floor, painting all walls in modern colors and designs, and enclosing the lounge area with sliding glass doors. The drop ceiling was completely replaced, modern lighting systems were installed and new furniture, including glow bowling furniture, glow snack bar furniture and new lounge furniture, was installed. New flooring was laid, new plumbing and electrical systems were installed. New front doors and the bar from the former Capri Club were transferred to the lounge.

"We've spent about \$300,000 for the project and it was worth it. The first reaction of most of our patrons is to take a deep breath and say it's awesome. Many say that they cannot believe what has been done to the place and how good it looks," said Wilson.

"The renovated bowling center

is something the deployed Soldiers can look forward to. We've taken the time and money and invested it into a facility that any Soldier would love at his or her duty station. The improvements have also pumped up our employees' morale. Just to hear the comments from the customers of how great the facility looks would make any employee be proud to be part of the work force."

Another \$300,000 has been invested in the guest house on Ray Barracks.

"The plans were made before the deployment, and former 1st Brigade commander Col. Michael Tucker and 104th Area Support Group commander Col. George A. Latham II pushed the schedule for the work to have something new for the Soldiers when they come back from Iraq," said guest house manager Charles Handy.

"All the rooms and hallways received new carpeting, the hallways were renovated, and all 28 rooms received new furniture and new drapes. The rooms will also be equipped with brand new microwave and refrigerator combinations as well as 29-inch television sets. The VCRs will be replaced by new DVD systems," he said.

"New tiling and appliances were installed in the bathrooms giving them a fresher look. Pictures have



Photo by Alexandra Williams

Friedberg guest house manager Charles Handy shows a renovated room. All 28 rooms received new carpeting, furniture and pictures to give them a homey look.

been hung up on the walls in every room to make them more comfortable and give them a touch of home," said Handy. "Also the entire reception office is redone as well as the kitchen."

A small playground has been installed for children, protected by a fence to ensure their safety. Benches are to be installed shortly.

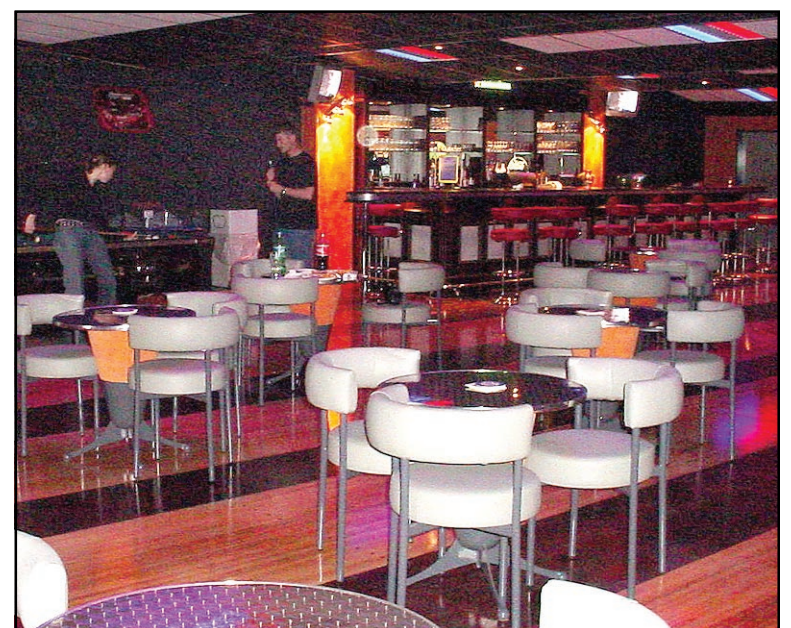
"The entire renovation took about six months, and a grand opening ceremony was held May 6. There are just little things that need to be done such as the hallways. I'd like to hang up plants and pictures to make them look more homey," Handy said.

Cordless Internet service is available for guests. Two newly installed

repeaters ensure Internet access throughout the building and the playground area. Wireless cards for laptops will be available at the reception desk, said Handy.

"In addition we are now offering a rent-a-car service. It's offered to all ID card holders and is not limited to hotel guests. If someone needs a car they can rent it at the front desk. Mileage on the car is free," he said.

"When our guests walk in they tell us that they like the renovated guest house," said Handy. "I think the new canopy in front of the building helped a lot to beautify the building because actually no work has been done to the outside of the building. I think the renovated guesthouse is one of the best looking buildings on post."



Photos by Richard Wilson

With new furniture and new lighting systems, the lounge is a one-stop destination where patrons can bowl, get some food and relax. Photo left: Renovation of the Spare Time Lanes Bowling Center included converting six lanes into a new lounge.

BSB recognizes staff with new award

By Alexandra Williams
284th Base Support Battalion Public Affairs Office

Staff members of the 284th Base Support Battalion who provide dedicated customer service everyday are about to get a pat on the back. The command has established a "Pat on the Back" award to reinforce exceptional performance.

"The award is designed to provide feedback and recognition to work force members of the BSB who go above and beyond the call of duty," said Jane Wingate, director of the 284th BSB Directorate of Strategic Plans and Programs.

"BSB commander Lt. Col. Bart Shreve and deputy commander Craig Birchard saw a need to show a more visible way to recognize good work and show feedback on the efforts of our staff," she said.

'Pat on the Back'

"By submitting the new 'Pat on the Back' nomination form customers or other work force members now have a way to let supervisors know when an employee exceeds his or her performance or customer service expectations for either a single action or over a period of time," said Wingate.

Nomination forms will be available at all

organizations for anyone to complete. Completed forms can be given to any BSB work force member to be passed to the DSPP office.

Other recognition

"Once DSPP receives the nomination we will forward it to the command group, and it will also be evaluated for further awards through the traditional programs. The 'Pat on the Back' award will be presented by the commander or one of the senior leaders during staff calls or other public forums or at the employee's place of duty. A list of recognitions will be published in the *Herald Union* as well as on the BSB website," she said.

The award program is a means for leadership to show appreciation to staff, increase awareness of internal and external customers, and improve the morale and involvement of the work force, said Wingate.

"We put an emphasis on the fact that this new award is not tied to the traditional awards program that involves monetary awards. Research has shown that this type of recognition is actually more valuable to work force members than others. The 284th BSB 'Pat on the Back' award hanging on a wall behind a desk indicates that the work force member is appreciated by BSB leaders for a job well done," she said.



Photo by Alexandra Williams

Carrie Cook (right), 284th BSB inprocessing specialist, advises Cpl. Joseph Scott of Headquarters and Headquarters Detachment, 284th BSB, on a family member inprocessing checklist. Customers can now show their appreciation for exceptional customer service by submitting the "Pat on the Back" nomination form.

Support groups help people cope

Counselors open outlets for youths and adults to deal with mixed emotions

By Alexandra Williams

284th Base Support Battalion Public Affairs Office

The 284th Base Support Battalion's Adolescence Substance Abuse Counseling Service has designed two new programs to address the emotional needs of family members of deployed Soldiers. Both programs host their first meeting this month, said ASACS counselor Billy Wray.

"After talking to parents and students we saw the need to provide the means to kids to have a voice for their concerns and a place to have their voices heard," Wray said. "Earlier this year we started a support group for teens to help them through the deployment, but now it's necessary to also offer help to deal with the changes. Hopes and expectations have been disappointed, and now they have to cope and readjust."

The extension of 1st Armored Division's deployment to Iraq has increased the need for family members to have someone to whom they can express their emotions, fears and frustration, officials said.

"The new group is designed to give youths an opportunity to talk about whatever concern they might have, whether it is the extension, the deployment, home or school. They also get to hear how other kids are coping with the situation and they can learn from each other," said Wray.

Participants discuss coping skills, stress management and dealing with anger.

"The first session of the youth support group starts in May. Unlike our other support groups this one will be a drop-

in group for any student in the middle or high school. Participants do not have to be enrolled in the ASACS program, and it's not necessary to attend the first session. Whenever a student sees the need to talk he or she can come to a meeting. The group is an effort to help any kid who wants to come by and talk," said Wray.

Adult family members can find understanding and support in the COPE group meetings that began May 5. Wray and Lisa Migowski, behavior management specialist at Giessen Middle-High School, developed the program. Meetings are held every first Wednesday of the month from 4:30-5:30 p.m. in the high school media center.

"The name stands for Communicating, Opinions, Perceptions and Emotions, and offers adults a

safe place to share whatever is on their mind," Wray said. "COPE is designed to let family members talk about their anger, frustration, grief, disappointment, parenting and stress management, but also about how ineffective alcohol and drug abuse is as a means of dealing with these stressors," he said.



Photo by Alexandra Williams

Billy Wray, ASACS counselor at Giessen Middle and High School, talks to students about deployment stress during a teen support group. ASACS has designed two more programs to help families address their emotional needs.

Regular attendance is recommended, but not mandatory. "Most important is that COPE is a safe and anonymous place for sharing. No records are kept and no names are taken. All we are asking for is an evaluation so we know what works or needs to be improved," he said.

For more information on the support groups call Wray at civ (0641) 402-6635 or send email to shelwilbed.wray@us.army.mil.

Caring for extended families

ACS programs ... ACS programs

Multi-cultural support group

The multi-cultural support group meets May 20 at the Giessen Army Community Service Building on the Giessen Depot. The group is designed to support and assist foreign-born spouses. For more information call mil 343-7618.

Scrapbooking social

Friedberg ASC hosts a scrapbooking social every second Monday of the month from 9:30 a.m. to 12:30 p.m. Everyone is invited to come and share new ideas/techniques. Participants need to bring their own supplies. For details call Sara Jean-Baptiste at civ (06031) 81-3709.

Hearts Apart luncheon

Hearts Apart luncheons are scheduled for May 20 from 11:30 a.m. to 1 p.m. in Giessen and May 28 from 11:30 a.m. to 1 p.m. in Friedberg. The lunch is designed to

provide a break from work and to meet other community members for conversation and companionship. This free lunch is provided by ACS for Soldiers, family members and civilian staff. Children are welcome. For details call Deborah Gantt at mil 343-7618 or Martha Pinion at mil 324-3710.

Coupon socials

A coupon social for spouses will be hosted in Giessen May 20 from 1-4 p.m. and June 17 from 1-4 p.m. in Friedberg. For more information call Deborah Gantt at mil 343-6039 or Martha Pinion at mil 324-3710.

Movie day for children

A movie day for children takes place May 25 and June 8 at Giessen ACS. This learning activity is open to all children under 5 years and their parents. A free snack will be provided. The program is also offered at the Butzbach Outreach Center every Thursday from 2:30-4 p.m.

For more information call Deborah Gantt at mil 343-7618 or Michelle Teets at civ (06033) 925 329.

Redeployment training

Redeployment training is held every Tuesday from 9-11 a.m. in Friedberg and from 1-3 p.m. in Giessen.

The program helps husbands and wives understand the changes that occurred during the deployment and focus on realistic expectations. For details call ACS Friedberg at mil 324-3465 or ACS Giessen at mil 343-7618.

AFTB trainer sought

The 284th BSB is looking for master trainers and instructors to provide Army Family Team Building training to community members. To join the AFTB team go to www.armyfamilyteambuilding.org to get online training or call Melody Sexton at mil 343-6240.

Mail delivery to Butzbach

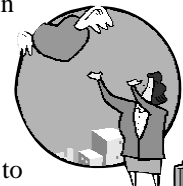
Residents of the Butzbach Roman Way Housing can have their mail delivered to the Outreach Center. To arrange for delivery call the Outreach Center at civ (06033) 925 329.



Photo by Alexandra Williams

MP of the Month named

Pfc. Paul Wlosinski of the 92nd Military Police Company in Hanau (left) receives a certificate for being selected the "Military Police-man of the Month" from Capt. Matthew Jemmott, 284th Base Support Battalion provost marshal. Wlosinski's "professionalism and genuine caring attitude demonstrated when taking care of a victim of domestic abuse" earned him recognition as the BSB's top law enforcer for April. He went above and beyond the call of duty to ensure the victim was being cared for, said officials. Wlosinski was also presented a Certificate of Achievement by Lt. Col. Howard Malone, 104th Area Support Group provost marshal.



284th BSB – Friedberg, Giessen

Community spotlights ... Community spotlights

Asian-Pacific heritage celebration

The 284th Base Support Battalion hosts an Asian-Pacific Heritage Month Celebration May 15 from noon to 7 p.m. at Whiddon Park on the Giessen Depot (behind the Outdoor Recreation Center). Everyone is invited to enjoy free island food, door prizes, activities for children, dance performances, music and a martial arts demonstration by the Panther Martial Arts Club. Inclement weather location will be the Alpine Catering Center. For information call Sgt. 1st Class Reginald Lucas at mil 343-8521.

Health Fair May 21

The 284th BSB Sports Office hosts a Community Health Fair May 21 from 10 a.m. to 3 p.m. Agency representatives will provide information on proper nutrition, health and fitness, and conduct free cholesterol checks, fat and body composition checks and more. The fair is open to all family members, Soldiers, civilians and the local national work force.

Design contest

The 284th Base Support Battalion seeks artistic individuals to participate in a throw blanket design contest. The design should be non-unit specific, but include Giessen, Butzbach, Bad Nauheim and Friedberg landmarks and the 284th BSB crest. The deadline for submissions is May 31. Designs

may be brought to Building 7, Room 261 on the Giessen Depot, emailed to eleonora.vodopija@104asg.mwr.army.mil or sent to 284th BSB, Directorate of Community Activities, Attn: Eleonora Vodopija, Unit 20911, APO AE 09169. For details call mil 343-8621 or civ (0177) 363 9856.

Special matinee in Friedberg

Friedberg's Old Ironsides movie theater will host special Saturday afternoon matinees in May. The movies are free and children under 12 can purchase a "kid's popcorn" and "kid's drink" for \$1. The featured movies will be "Cheaper by the Dozen" May 15, "Scooby-Do 2" May 22 and "Home on the Range" May 28. All screenings start at 2 p.m.

Camp counselors sought

Youth Services seeks child and youth program assistants and camp counselors. Positions are for 30-40 hours per week for camps to be held May 27 to July 14, July 1 to Sept. 3 and May 27 to Sept. 3. Applicants must be 18 years old and have a high school diploma or General Education Degree. The pay is \$8.32 per hour and the closing date for applications is June 5. Pick up applications at the NAF Civilian Person-

nel Advisory Center, Building 7 on Giessen Depot, or call mil 343-8618 for details.

FCC providers sought

The 284th Base Support Battalion Family Child Care program is in great need of Family Child Care providers in all its communities. Do

you enjoy working with children? Want to make money in the comfort of your home and schedule your own hours? FCC providers receive ongoing training in developmental care. For information and to register for FCC training call mil 343-7626 or civ (0641) 402-7626.

Parent's Night Out in Giessen

The next Parent's Night Out will be May 21 from 6:30-10:30 p.m. at the Giessen Child Development Center. CLEOS registered children age 11 and under may participate. The cost is \$5 per child and includes dinner. For enrollment and reservations call mil 343-7028.

Saturday day care in Bad Nauheim

Super Saturday child care is available May 22 at the Bad Nauheim Child Development Center from 9 a.m. to 1 p.m. Child and Youth Services registered children age six weeks to 11 years are eligible. Families of Soldiers E-4 and below may use their respite cards. Deadline to reserve a slot is one week before the opening. For information and assistance call civ (06032) 83536.

Outdoor Rec trips

The 284th BSB Outdoor Recreation hosts a trip to Neuschwanstein Castle May 15. The cost is \$59 for adults and includes entrance fees. A trip to Legoland will take place May 22. The cost is \$39. A trip to Spain takes place May 27-31. The cost is \$319 for adults. For details and to sign up call mil 343-8202.

Ironsides Lanes specials

The Ironsides Lanes Bowling Center in Giessen hosts an Asian Pacific Lunch Special at the Americana Diner May 12 and 19 from 11:30 a.m. to 1 p.m. Cost is \$5.95. A "Remembering Those We Lost" special will be held May 29-30. Bowling and shoe rental cost \$1 each throughout the weekend. For more information call mil 343-6172.

VA benefits briefing

The Army Career and Alumni Program sponsors a Veterans Affairs benefit briefing June 4 from 9-11 a.m. in Building 7 on Giessen Depot. The briefing covers education benefits, VA home loans, disability compensation and other benefits. For information and to schedule individual appointments with the VA representative call ACAP at mil 343-9332.

Teen stars sought

Army Europe Entertainment and Hohenfels Youth Services will present the first Teen Battle of the Bands and Stars of Tomorrow contest at the Hohenfels Great Escape Community Club May 15 at 2 p.m. The contest is open to all CYS registered youth age 12-18. Categories include male and female vocal solo, bands, vocal duets, instrumental solo and specialty act. For details call mil 466-4492.

Father's Day crafting

A special Father's Day crafting morning will be held during the Parent and Me Playtime session in Friedberg May 26 from 10 a.m. to noon. ACS will provide the supplies to create the perfect craft project to send downrange to fathers. For details call mil 324-3465.

Get crafty

The Giessen Arts and Crafts Shop hosts a **beginning crochet** class May 25 from 4-5 p.m. Preregistration is required. A **framing class** will be held May 20 from 4:30-7 p.m. Preregistration is required. **Kreative Kids** classes are scheduled for May 20 and 27 from 4:30-5:30 p.m. The cost is \$5.50 and all supplies are included. The Friedberg Arts and Crafts Shop hosts **wood safety** classes May 19 and June 9 at 5 p.m. Basic orientation is required to use the woodshop. The class is for free. **Sewing for beginners** starts May 20 from 5-6 p.m. The cost is \$35. A **scrapbooking class** will be held May 27 and June 17 from 5-7 p.m. The cost is \$20. For more information call the shop in Friedberg at mil 324-3266 and the shop in Giessen at mil 343-6445.

Women's Conference May 26

The 284th Base Support Battalion will host a Women's Conference May 26 from 8:30 a.m. to 2 p.m. at the Alpine Club in Giessen. Partici-

pants can choose from a variety of classes, listen to a guest speaker and win a door prize. Register at any 284th BSB office. For more details and assistance call Melody Sexton at civ (0641) 402-6240.

Free plants available

Free plants are available at the self help stores in Giessen and Friedberg from May 17 to June 4 for all residents of housing areas.

Tax centers still open

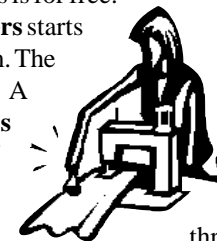
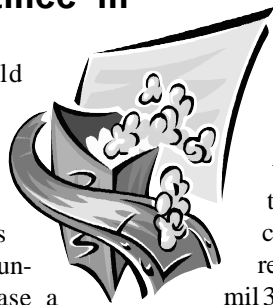
Tax centers in Giessen and Friedberg are still available to assist with filing federal and state tax returns.

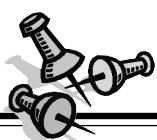
Taxpayers outside the United States on April 15 have until June 15 to file their 2003 income tax returns. Bring W-2s, 1099s, a copy of last year's tax return and a power of attorney if available.

Soldiers still deployed have until 180 days after they return from the combat zone to file returns. For filers who buy and sell stocks the tax center will need documentation of both purchase and sales prices of the stocks for filing. Quantities bought and sold must match. For example when 50 shares were purchased, a record is needed to show 50 shares sold. Bring a complete set of records. The Giessen Tax Center is in Building 7, Room 254 on the Giessen Depot and is open Monday to Friday from 8:30 a.m. to 5 p.m. Call mil 343-8268. The Friedberg Tax Center is in Building 3635, Room 112 on Ray Barracks and is open Monday to Friday from 8:30 a.m. to 5 p.m. Call mil 324-2275.

Recycling for the future

All community members are encouraged to support the Separate Or Recycle Trash program by keeping the following tips in mind: ☆ Cardboard or paper soiled with food or liquid is not recyclable. ☆ Plastic bags should not be tossed into recycle bins along with paper and cardboard. ☆ Boxes should be folded or flattened before being thrown into the paper recycling dumpster. ☆ Moving boxes should not be tossed into the blue paper container. Movers have been paid to pick up the boxes. If they are recycled the government pays twice for the same service. ☆ Bulk trash should not be thrown into refuse or paper bins. ☆ "Yellow bags" are available at the local Self Help stores in Giessen and Friedberg.





414th BSB – Büdingen, Hanau



Community notes ... Community notes

MainLine

A special train called the MainLine now connects Hanau and the Frankfurt airport. This train avoids the Frankfurt Hauptbahnhof and travels directly to the airport. It takes 40 minutes from the Hanau Hauptbahnhof to the Frankfurt airport. Breakfast (€2.50), snacks and beverages are served on the train. The regular tickets purchased at the vending machines are accepted. The MainLine departs Monday to Saturday at 7:30 a.m., 11:25 a.m., 2:28 p.m. and 4:45 p.m. from the Hanau Hauptbahnhof.

Retiree Dental Health Day

The Hanau Dental Clinic will hold its annual Retiree Dental Health Day June 18. All military retirees and their family members are welcome. Dental examinations will be provided on a walk-in basis starting at 7:30 a.m. with appointments for routine care being offered throughout the day. Services available include cleanings, fillings, extractions and limited specialty care. For more information visit the Hanau Dental Clinic in Building 245 on New Argonner Kaserne or call mil 328-6520/6522, civ (06181) 500-6520/6522.

Tax Center closed

The Hanau Tax Center will be closed May 28. For information call the Hanau Tax Center at mil 322-9577.

Award of Excellence

Col. Gregg Martin, 130th Engineer Brigade commander, received the Award of Excellence and was named one of 25 newsmakers by the *Engineering News-Record*, a civilian construction industry magazine. Martin was singled out for his accomplishments while serving on Operation Iraqi Freedom.



Arabic Headstart

Learn basic information about the Middle East — the culture, people and language — at the Arabic Headstart Middle East Orientation Program May 17-18 from 8 a.m. to 5 p.m. at the Pioneer Education Center. The class is free and open to all U.S. ID card holders. Class size is limited, so register early. Call mil 322-8380/9600.

Drawing contest

Get artistic and you may win a prize. Children age 4-10 should sub-

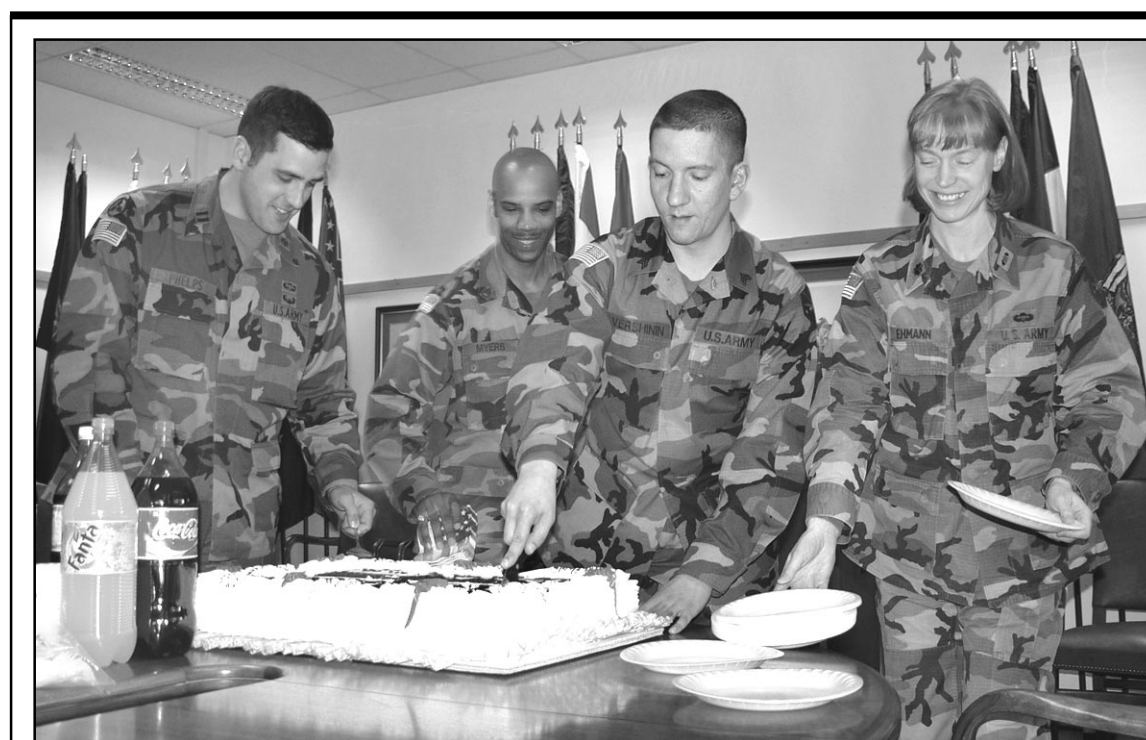


Photo by Dennis Johnson

Army Emergency Relief fundraising kick-off

Soldiers mark the start of the annual Army Emergency Relief fundraising campaign last month at the 414th Base Support Battalion Headquarters conference room. The campaign continues through May 15. Lt. Col. Amy Ehmann (right) spoke of the importance of the Army taking care of its own through AER. Others pictured from left: Capt. Matthew Phelps, Staff Sgt. Raymond Myers and Sgt. Filipp Vershinin.

mit their best "welcome home" design on eight-and-a-half-by-11-inch paper by May 13 to the cashier at the Büdingen PX. Prizes will be awarded May 14 at 4 p.m. to the artists with the most original and creative drawings. Prizes include CD players and Army and Air Force Exchange Service gift cards. Winning entries will be selected to appear on a welcome home T-shirt for children of the 1-1st Cavalry. Only one entry per child will be accepted.

Women's softball

The community women's softball team practices every Monday and Wednesday at the Fliegerhorst softball field. Interested players should call the Fliegerhorst Fitness Center at mil 322-7672.

PYOC programs

The **Fusion High School Youth Group** meets Wednesdays from 6:30-8 p.m. at the Galaxy Teen Center on New Argonner Kaserne.

A **Small High School Bible Studies Group** meets Sundays from 6:30-8 p.m. Girls meet in Building 201, Apartment 1 on New Argonner Kaserne. Boys meet at Building 1, Room 402 on Pioneer Kaserne.

A **Big House Middle School Youth Group** meets Mondays from 6:30-8 p.m. at the Old Argonner Elementary School Gym.

The **Middle School Small Bible Studies Group** meets Tuesdays from 3:15-4:30 p.m. The girls meet in Building 201, Apartment 1 on New Argonner Kaserne. Boys meet in Building 1, Room 402 on Pioneer Kaserne. For more information on Protestant Youth Of the Chapel events contact Brian Mulder at mil 322-9596 or by email at Brian.Mulder@104asg.army.mil.

Pre-Leadership Self Assessment Course

The Civilian Human Resource Agency Europe offers a free two-day Pre-Leadership Self Assessment Course May 26-27. Knowing what makes leaders successful is vital to developing your leadership abilities. This session is a self-assessment of leadership skills and how to develop a plan to increase your leadership competencies. The course is conducted using two-way audio and video at the course locations, and is open to all employees who wish to assess their leadership abilities. Attendees should not be supervisors. This course will help you: ★ Determine ways to develop leadership competencies; ★ Uncover your leadership philosophy; ★ Examine what makes a great leader; ★ Develop your own leadership plan. The course will be held in Building 451 on Old Argonner

Kaserne. To enroll use the online enrollment application at www.chrma.hq.usareur.army.mil/training/course_information/training.htm.

Asian-Pacific Month celebration

Enjoy free dance performances, cultural heritage displays and ethnic food at the Büdingen Asian-Pacific Heritage Month celebration May 11 from 5:30-9 p.m. at the Community Activity Venue, Building 2214 on Armstrong Barracks. For more information call the Büdingen Area Support Team at mil 321-4845, 4755 or civ (06042) 80-845.

Softball league

Join the Büdingen Area Support Team/Family Readiness Group Family Softball League for spring time fun. Call the Büdingen AST at mil 321-4845, 4755 or civ (06042) 80-845.

Volunteer recognition

Give volunteers the credit they deserve at the Volunteer Recognition Ceremony May 14. A reception will start at 6 p.m., the ceremony at 7 p.m. and a social at 8:15 p.m. at the International Club on Fliegerhorst Kaserne. Free child care will be available for registered volunteers. For information call

Kristi Kolthoff at mil 322-8977 or send email to Kristine.kolthoff@104asg.mwr.army.mil.

Kudos for support of 16th CSG

Brig. Gen. Vincent Boles, commander of the 3rd Corps Support Command, and his wife, Cheryl, recognized the many volunteers who supported the 16th Corps Support Group during its unit's deployment to Operation Iraqi Freedom. Janet Anderson, Trish Bahl, Robert Fanning, Kim Yarborough and Tamara Sevcik received 3rd COSCOM "Heart of the COSCOM" awards for exceptional volunteer support. The following individuals received Headquarters and Headquarters Company, 16th CSG, Certificates of Appreciation for their support: Lisa Hixon; Shim Herndon; Mary Beth Waller; Pia Sanchez; Kelly Gemin; Wendy Hookness; Cheire Bochette; Roberta Hoback; Bridgette Bestor; Salintha Washington; Liz Moore; Bridgett Dvorshak; Jennifer Lueders; Mary Jo Fernandez; the AAFES, Commissary and USO managers; Reggie (Tricare); Molly Jo Sevcik; Joshua Hookness; Alexis Hookness; Matt Sevcik; Rhett Bochette; Nick Bochette; Chierysa Fanning; Dominique Waller; Wendy Maskell and Kim Smith. The April 15 Welcome Home Celebration featured porcelain roses, sports, food, fellowship and an Easter egg hunt.

Free bowling

Family members can bowl for free at every bowling center in the 104th Area Support Group during Iron Family Time from 3-6 p.m. Thursdays. Shoe rental is included. The newly renovated 32-lane Hessen Bowl is located at the Wolfgang Shopping Center.

Youth Ball

Hanau Youth Services will hold a Youth Ball May 15 from 7 p.m. to midnight at the New Neptune Teen Club. The dance is for children in grades six to eight. Tickets are \$2 per person or \$3 per couple. Attire is semi-formal (no jeans or tennis shoes). You'll be able to have a photo made at the dance for \$3. DJ Carmon will spin the records, and refreshments will be served. There will be prizes for the best-dressed man, woman and couple. The ball is sponsored by the Galaxy/Millennium Middle School/Teen Centers and the Torch/Keystone Clubs. For information call the Hanau Teen Center at civ (06181) 88-8231, mil 322-8231 or the Büdingen Teen Center at civ (06042) 80793, mil 321-4793.

Get the latest news online at www.hanau.army.mil

414th BSB – Büdingen, Hanau



Character, talent thrive in Hanau

Photo left: Josh Hookness, age 16, and Bailey Lenart, age 15, sing an original song, "Unspoken," at the Hanau High School's Teen Idol Talent Show April 29. The lyrics were written by Lenart and the music composed by Hookness. Fifteen groups and solo acts performed rock and roll, R&B and hip-hop music and dance at the fundraiser for the Junior/Senior Prom. Photo far left: About 40 children from the 414th Base Support Battalion's Family Child Care program and their care providers meet in front of the flag pole at Pioneer Kaserne April 30 to plant a "character garden." The event was part of the Month of the Military Child festivities and to celebrate the Army's adoption of the "Character Counts" program.

Photos by Dennis Johnson

55th Personnel Service Battalion Soldiers take over 1st Armored Division's postal services

By Sgt. Shauna McRoberts
1st Armored Division Public Affairs Office

Perhaps it contains photos of a baby enjoying his first birthday party or a crayon drawing of flowers from your 6-year-old. It could be a box of Mom's homemade cookies or a subscription to your favorite magazine. Maybe it's a note written with a sweeping hand and lingering traces of perfume. Whatever it is, if it's important to a 1st Armored Division Soldier, it's important to the Soldiers of 1st Armored Division's 55th Personnel Service Battalion who have taken on a new mission, running the division's postal system.

During the first year of the 1st AD's deployment all mail was handled by U.S. Army Reserve postal units, but after those units redeployed the 55th PSB stepped up to the task. "Even though the Reserve postal Soldiers have left, we still have a mission to do and we are going to do it to the fullest extent of our capability," said Lt. Col. Brenda Andrews, 55th PSB commander.

Approximately 35 Soldiers are working in the postal detachment. They're responsible for the division's Baghdad International Airport post office. These Soldiers previously accustomed to jobs as evaluations clerks and reassignment specialists are now in charge of sorting, inspecting and distributing thousands of pounds of incoming and outgoing mail. Since most of these Soldiers have had no formal postal training — usually a five-week course is required to become a postal clerk — they went through an intensive training period to prepare them for their new mission.

"The training went really well and the Soldiers picked it up quite quickly," said 1st Lt. Maria Auer, a platoon leader with 55th PSB's postal detachment. "It's been a smooth transition."

"The mission is going great," said Staff Sgt. Monolito Brown, a personnel noncommissioned officer with Detachment C, 55th PSB, now working as a postal NCO. "It's been a challenge, but we're meeting that challenge. I think it is a good experience for everyone."

According to 1st Lt. Meghan Wilmore, the postal detachment's executive officer, the postal clerks understand the importance of getting the mail out to the Soldiers.

"We are doing something that is essential to the morale of the division," said Wilmore. "The most important thing we can do for Soldiers is to make sure they are getting their letters and packages from home." Wilmore added that incoming mail to the division's Soldiers never stopped and their mailing addresses have remained the same.

Family and friends can help ensure mail gets to their Soldiers by writing everything clearly on packages and letters, Wilmore suggested. Addresses need to include the Soldier's full name and rank, complete unit name, unit number and zip code. Mail from Germany takes about 10 days and mail sent from the United States takes about 14 days to arrive, she said.

Mail services

Mail going through the Military Postal System can be mailed everyday, but services that require payments such as registered, certified or insured mail, or mail going to the United States, can only be sent on Tuesday, Thursday and Saturday. However, the postal detachment plans to soon offer a full range of mail services on a daily basis, said Wilmore. The Soldiers of 55th PSB will continue their postal mission as long as 1st AD is on the ground, assured Wilmore.

"We will be here as long as the division needs us."

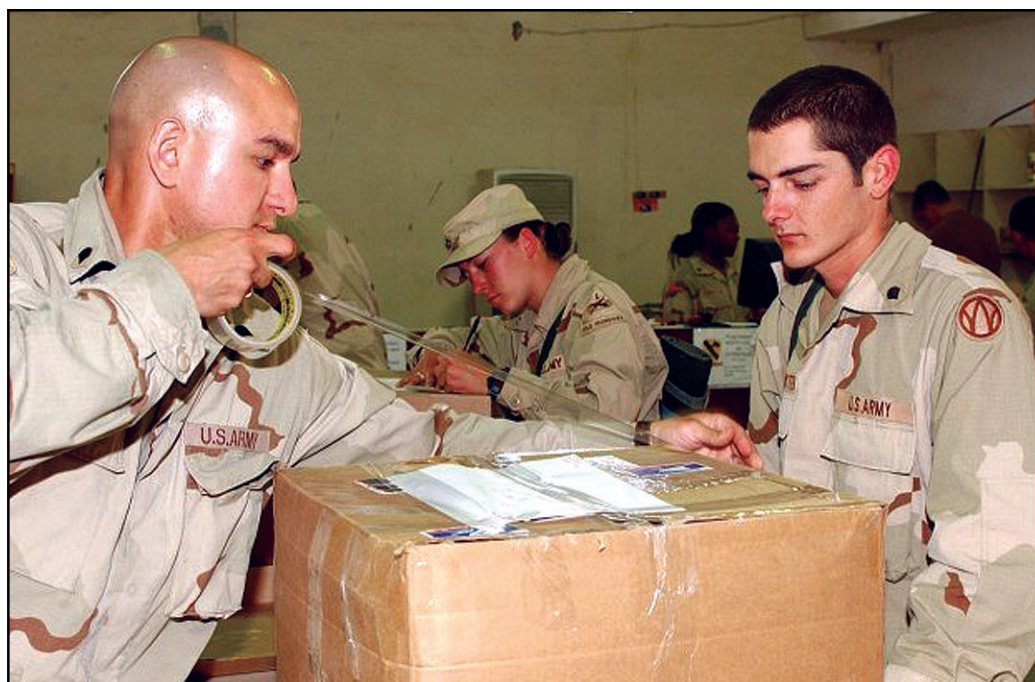


Photo by Sgt. Shauna McRoberts

Spc. Jose Garcia, an information systems specialist with Detachment D, 55th Personnel Service Battalion, helps tape up a box for a Soldier at 1st Armored Division's post office on Baghdad International Airport.

Enjoying a 'Touch of Home'

Soldiers, families celebrate 16th CSG return from Iraq at 'Hero Luncheon'



Photo by Anemone Rueger

Capt. Archie Herndon of the 16th Corps Support Group enjoys some quality time with his 19-month-old son, Dalton, at the Touch of Home Cafe's Hero Luncheon April 22. Photo right: Brig. Gen. Vincent Boles speaks with Spc. Jane Vallarta at the Headquarters and Headquarters Company, 16th CSG, Welcome Home Celebration at Hütier Kaserne April 15. The event included an awards presentation (see page 20 for those recognized).

Photo by Dennis Johnson



By Anemone Rueger
104th Area Support Group Public Affairs Office

Food, praise for a job well done and patriotic music awaited Soldiers and families at the Touch of Home Cafe's Hero Luncheon April 22. The luncheon, in appreciation of 16th Corps Support Group Soldiers, recognized those who served in Operation Iraqi Freedom for a year and returned to Germany in February.

"It feels good when you see that bus. It was like 'Thank you, God,'" said Wanda Irizarry, wife of Spc. Francisco Irizarry and mother of 2-year-old Eva and 4-year-old Francisco. "It was the happiest day of my life. It was a hard year, especially being alone with two kids."

The three of them often went to the playground and met with other families of deployed Soldiers to support each other. Watching little Eva working on a piece of corn on the cob, she added, "The amazing thing was, she recognized him. I used to show her pictures of her dad."

Irizarry worked at the motor pool with the 485th Corps Support Battalion and was sometimes tasked to provide security for convoys going to Kuwait or Baghdad International Airport. His team came under fire one time, but nobody was injured.

"Iraq is something different," said Irizarry. "You've got to deal with the heat, with the sandstorms. The difficult part was being away from the family."

At the other end of the dining hall 19-month-old Dalton Herndon got a big kiss from his father, Capt. Archie Herndon, after he had properly positioned him at the table. A slide show of 16th CSG Soldiers at work in Iraq, accompanied by patriotic music, reminded guests that only a few weeks ago the beautiful normalcy of having lunch together as a family was worlds away for these Soldiers.

"It was challenging because I had to watch him grow up in pictures," said Herndon about his son, although he said overall he had a good experience as plans and operations officer for the 16th CSG in Iraq. "It was also rewarding. We freed Iraq from Saddam."

"There is not one Sol-

dier who didn't endure significant hardships," said 16th CSG's Col. Michael Sevcik who commanded more than 3,000 Soldiers in Iraq as his unit was enlarged from its normal 1,200 by reinforcements from Fort Riley and Fort Polk.

"It was an impressive thing to see how dedicated the Soldiers were — in 125 degree heat with no shower, and filthy — seeing them trying to help the Iraqi people," he said.

"Usually we sustain, rebuild and provide stability. You train for 15 years and never see the whole Army go to fight. I've never seen the warfighters, aviators, artillery and logistics come together like that," said Sevcik.

Sevcik said he saw a significant change in Iraq from when he first arrived and encountered a ransacked country, from hospitals to roads. "We worked outside Fallujah. We rebuilt schools. We had a good relationship with the local sheikh. We even played soccer with the Iraqis. It's hurtful to see the trouble they are in now. There are some dead-enders in Iraq who are rich and want to have power."

Many of the Iraqis Sevcik met had a positive attitude, "perhaps because we had the big guns," he said. "But I believe most of them were genuinely happy that they got rid of Saddam and now they have hope for the future."

"I wouldn't trade this experience for anything, even though it was hot and filthy, just seeing the Soldiers doing such a wonderful job," said Sevcik.



Photo by Anemone Rueger

Soldiers enjoy the good eats and sunshine at the Hero Luncheon on Hütier Kaserne April 22.